

## Appointment

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**From:** OCSPP\_Training\_Opportunity [OCSPP\_Training\_Opportunity@epa.gov]  
**Sent:** 3/16/2021 2:46:07 PM  
**To:** OCSPP\_Training\_Opportunity [OCSPP\_Training\_Opportunity@epa.gov]; OCSPP ALL [OCSPP\_ALL@epa.gov]; 'Malave, Jennifer' [JENNIFER.MALAVE@carefirst.com]  
**CC:** Conway, Ramona [Conway.Ramona@epa.gov]  
  
**Subject:** Health and Wellness Training: Managing Change and Stress  
**Location:** Microsoft Teams Meeting  
  
**Start:** 4/14/2021 4:00:00 PM  
**End:** 4/14/2021 5:00:00 PM  
**Show Time As:** Tentative

**Required Attendees:** OCSPP ALL; 'Malave, Jennifer'  
**Optional Attendees:** Conway, Ramona

Greetings Colleagues!

OPS invites you to join our third Health and Wellness Wednesday event! Our partners from Blue Cross Blue Shield will lead a dynamic training, **Managing Change and Stress!** The workplace session occurs on **Wednesday, April 14, 2021, from 12:00 pm to 1:00 pm.**

Whether you are changing careers or relocating, going through changes at work, starting a family, or retiring, change offers opportunities and turmoil. In today's fast-paced world, change has become a constant. Even when we can see the advantages of change, it can be hard to say goodbye to what's changing. Change is often stressful. Experiencing stress is not all bad, but how we perceive pressure is what's important. Stress is our body's normal response to any extra physical, mental or emotional demand we place on it. This seminar will help you understand how to deal with change and stress effectively.

It is crucial to take care of ourselves, and Wellness Wednesday is a perfect start. Please bring your lunch and let's learn together!

Best,

OPS' Health and Wellness Team

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## Microsoft Teams meeting

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